

SAMHSA Resources for Agencies Working with Families Impacted by Hurricane Disasters

For Providers/Counselors:

How can I help youth and families affected by trauma?

- **National Child Traumatic Stress Network** is a 54-center network that improves access to services for traumatized children, their families, and communities, and helps develop products that address different types of trauma. Resources range from fact sheets on child trauma for caretakers and educators, to toolkits and training materials for service providers on various aspects of child traumatic stress. www.NCTSNet.org
 - [Children Needing Extra Help: Guidelines for Mental Health Providers \(PDF\)](http://www.nccts.org/nccts/asset.do?id=782)
<http://www.nccts.org/nccts/asset.do?id=782>
 - [Providers' Guide: Helping Children in the Wake of Disaster \(PDF\)](http://www.nccts.org/nccts/asset.do?id=783)
<http://www.nccts.org/nccts/asset.do?id=783>
 - [Childhood Traumatic Grief Educational Materials for Pediatricians and Pediatric Nurses](http://www.nccts.org/nccts/nav.do?pid=ctr_type_traumatic)
http://www.nccts.org/nccts/nav.do?pid=ctr_type_traumatic
 - [Pediatric Medical Traumatic Stress Toolkit for Health Care Providers](http://www.nccts.org/nccts/nav.do?pid=ctr_type_med)
http://www.nccts.org/nccts/nav.do?pid=ctr_type_med
 - [Medical Events and Traumatic Stress in Children and Families \(PDF\)](http://www.nccts.org/nccts/assets/pdfs/edu_materials/Medical_Traumatic_Stress.pdf)
http://www.nccts.org/nccts/assets/pdfs/edu_materials/Medical_Traumatic_Stress.pdf

Where can I get information on substance use prevention and services, and on substance use and PTSD?

- **Addiction Technology Transfer Center (ATTCs) Network** responds to emerging needs and issues in the substance abuse treatment field, to upgrade the skills of existing practitioners and other health professionals, and to disseminate the latest science to the treatment community. Several disaster relief links and contact numbers are listed, as well as information about substance use and PTSD. Also listed is SAMHSA's Substance Abuse Treatment Facility Locator, which provides a national directory of drug abuse and alcoholism programs. <http://www.nattc.org>
- **The National Centers for the Application of Prevention Technologies (CAPTS)** are five regionally-focused Centers providing training and technical assistance on effective substance abuse prevention programs, practices, and policies. This site also assists in locating prevention programs in states. www.captus.samhsa.gov
- **SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI)** is the Nation's one-stop resource for information about substance abuse prevention and addiction treatment. NCADI provides both English and Spanish speaking information specialists who are skilled in recommending publications and materials, providing grant and funding information, and referrals to appropriate organizations. They are available 24 hours a day, seven days a week at 1-800-729-6686, or <http://www.ncadi.samhsa.gov>

How can I be sensitive to the needs of students and families from different racial, ethnic, linguistic, and cultural groups?

- **Center for School Mental Health Analysis and Action** provides leadership to advance effective interdisciplinary school-based mental health programs. See number 15, “The Cultural Competence Imperative in School Mental Health” (2003).
<http://csmha.umaryland.edu/cim.html>

From SAMHSA’s National Mental Health Information Center

- The Role of Culture in Helping Children Recover from a Disaster
<http://www.mentalhealth.samhsa.gov/cmhs/EmergencyServices/culture.asp>
- [National Center for Cultural Competence](#), [Georgetown University Center for Child and Human Development](#) works to increase the capacity of health and mental health programs to design implement, and evaluate culturally and linguistically competent service delivery systems. <http://gucchd.georgetown.edu/nccc/>

How can I help support staff under stress?

From SAMHSA’s National Mental Health Information Center

- After a Disaster: Self-Care Tips for Dealing with Stress
(<http://www.mentalhealth.samhsa.gov/publications/allpubs/KEN-01-0097/default.asp>)

Where can I find tools and assistance related to interagency collaboration and joint planning with other systems?

- **National Technical Assistance Center for Children’s Mental Health** is dedicated to helping states, tribes, territories, and communities discover, apply, and sustain innovative and collaborative solutions that improve the social, emotional, and behavioral well being of children and families.
(http://gucchd.georgetown.edu/programs/ta_center/training_ta.html)
- **National Center for Mental Health Promotion and Youth Violence Prevention** provides local education agencies, SAMHSA grantees, communities, and families with access to resources and materials to enhance their ability to undertake collaborative interagency efforts to prevent school violence and substance abuse, and enhance resilience. (http://www.promoteprevent.org/resources/resource_pages/)
- **Research and Training Center for Children’s Mental Health** aims to address the need for improved services and outcomes for children with serious emotional/behavioral disabilities and their families. The Center conducts research, synthesizes and shares existing knowledge, provides training and consultation, and serves as a resource for other researchers, policy makers, and administrators in the public system, and organizations representing parents, consumers, advocates, professional societies, and practitioners. (<http://rtckids.fmhi.usf.edu/>)

For Parents and Caregivers

How do I help my children cope with the emotional impact of Hurricane Katrina?

- **National Child Traumatic Stress Network** is a 54-center network that improves access to services for traumatized children, their families, and communities, and helps develop products that address different types of trauma. Resources range from fact sheets on child trauma for caretakers and educators, to toolkits and training materials for service providers on various aspects of child traumatic stress. www.nctsnet.org
 - [Parent Guidelines for Helping Children after a Hurricane \(PDF\)](http://www.nctsnet.org/nccts/asset.do?id=540)
<http://www.nctsnet.org/nccts/asset.do?id=540>
 - [What You Should Know about the Emotional Impact of Hurricanes](http://www.nctsnet.org/nccts/nav.do?pid=ctr_terr_hurr_desc)
http://www.nctsnet.org/nccts/nav.do?pid=ctr_terr_hurr_desc
 - [What You Should Know about the Emotional Impact of Floods](http://www.nctsnet.org/nccts/nav.do?pid=ctr_terr_flood_desc)
http://www.nctsnet.org/nccts/nav.do?pid=ctr_terr_flood_desc
 - [How to Find Help](http://www.nctsnet.org/nccts/nav.do?pid=ctr_prnt_gethelp)
http://www.nctsnet.org/nccts/nav.do?pid=ctr_prnt_gethelp
 - [How Can Parents and Caregivers Help?](http://www.nctsnet.org/nccts/nav.do?pid=ctr_prnt_pc)
http://www.nctsnet.org/nccts/nav.do?pid=ctr_prnt_pc
 - [Tips for Finding Help \(PDF\)](http://www.nctsnet.org/nctsn_assets/pdfs/tips_for_finding_help.pdf)
http://www.nctsnet.org/nctsn_assets/pdfs/tips_for_finding_help.pdf
 - [Parents' Guide for Helping Children in the Wake of Disaster \(PDF\)](http://www.nctsnet.org/nccts/asset.do?id=784)
<http://www.nctsnet.org/nccts/asset.do?id=784>
 - [After the Hurricane: Helping Young Children Heal](http://www.nctsnet.org/nccts/asset.do?id=787)
<http://www.nctsnet.org/nccts/asset.do?id=787>
 - [Helping Young Children and Families Cope with Trauma \(PDF\)](http://www.nctsnet.org/nccts/asset.do?id=781)
<http://www.nctsnet.org/nccts/asset.do?id=781>

From SAMHSA's National Mental Health Center

- Tips for Talking About Traumatic Events
(<http://www.mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp>)
- Reaction of Children to a Disaster
(<http://www.mentalhealth.samhsa.gov/publications/allpubs/KEN01-0101/default.asp>)
- **SAMHSA Family Guide Website** is a comprehensive public education website for parents and other caring adults to promote mental health and prevent the use of alcohol, tobacco and illegal drugs among 7-18 year olds; Katrina's effects on kids, and helping kids cope; identifies resources (<http://www.family.samhsa.gov/>)

What if I am concerned that I or a loved one is thinking about suicide?

- Get Help Now! National Suicide Prevention Lifeline,
www.suicidepreventionlifeline.org or call 1-800-273-TALK (8255)

As a parent/caregiver, what can I do to manage my own stress after Hurricane Katrina?

From SAMHSA's National Mental Health Center

- The Long-term Impact of a Traumatic Event: What to Expect in Your Personal Family, Work, and Financial Life
(<http://www.mentalhealth.samhsa.gov/publications/allpubs/NMH02-0139/default.asp>)
- After a Disaster: Self-Care Tips for Dealing with Stress
(<http://www.mentalhealth.samhsa.gov/publications/allpubs/KEN-01-0097/default.asp>)

Are there any organizations that provide support for families concerned about mental health problems?

- **Federation of Families for Children's Mental Health** is a national family-run organization dedicated exclusively to helping children with mental health needs and their families achieve a better quality of life. <http://www.ffcmh.org/publications.htm>
To connect with the local chapter of the Federation in your region, contact the national office: ffcmh@ffcmh.org or (703) 684-7710.

For Youth

From SAMHSA's National Mental Health Center

- After a Disaster: What Teens Can Do
(<http://www.mentalhealth.samhsa.gov/publications/allpubs/KEN-01-0092/>)
- **Research & Training Center on Family Support and Children's Mental Health** promotes effective community-based, culturally competent, family-centered services for families and their children who are, or may be affected by, mental, emotional or behavioral disorders through collaborative research partnerships. Visit the Youth Resources page (<http://www.rtc.pdx.edu/pgYouthResources.shtml>)